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Tuesday

MARCH 13, 2012 | A PUBLICATION OF The Washington Post | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**

RICKY CARIOTI/TWP

BLOCKED PARTY

Construction tests the patience of Adams Morgan merchants 11

GIVE TILL IT SHOOTS

Crowd financing changes the landscape of movie festivals 21

HOOPS, THERE IT IS

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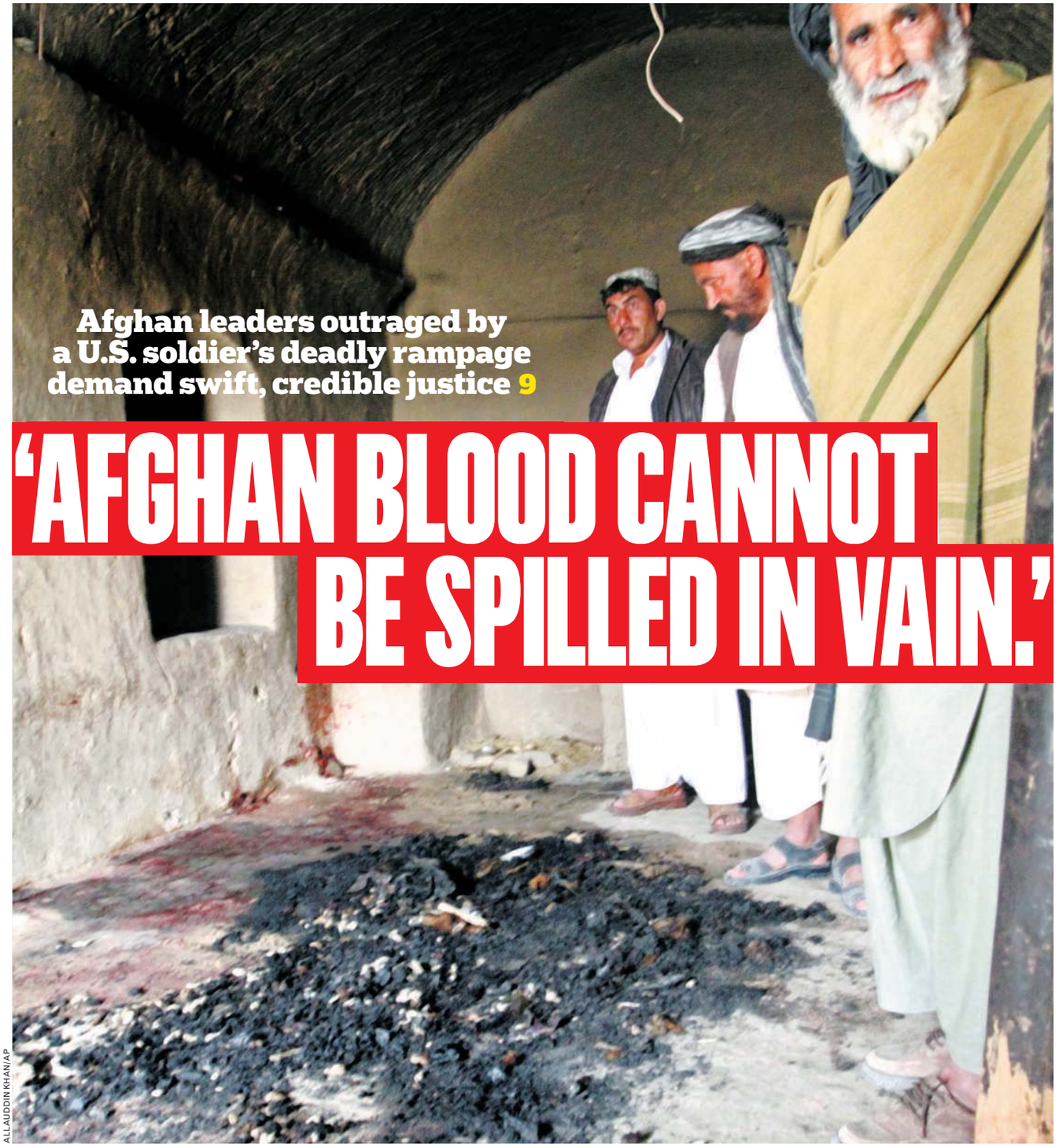

Afghan leaders outraged by a U.S. soldier's deadly rampage demand swift, credible justice 9

'AFGHAN BLOOD CANNOT BE SPILLED IN VAIN.'

ALLAUDDIN KHAN/AP

Men stand next to blood stains and charred remains inside a home in Panjwai, Afghanistan, where witnesses say Afghan civilians were killed by a U.S. soldier on Sunday.

eo

eye openers

TAME CRIME REPORTS

Ominous: 'Several Other Buggies Fled the Scene'

Authorities in western New York say they've charged four young Amish adults with illegal possession of alcohol after their buggy collided with a police car responding to a report of a drinking party under way. The crash occurred around 7:15 p.m. Sunday in the rural town of Sherman. As a patrol car arrived on the scene, one of the Amish buggies collided with the police vehicle and flipped onto its side. Police say several other buggies fled the scene. (AP)

RECORD TIME

He's Giving So Much Back

Ashrita Furman, 57, who holds 137 Guinness world records, will seek to beat his own underwater rope jumping record this Thursday, according to the U.K. Telegraph. He will be skipping rope at a Brazilian aquarium while wearing scuba gear. One of his other records is for holding the most world records at once. (EXPRESS)

THAT'S JUST SCIENCE

Women to Start Lucrative Snake-Related Side Business

A woman's menstrual cycle determines how well she spots snakes, according to a new study from Kyoto University in Japan. Women who had just finished ovulating showed superior snake detection skills, as compared to their compatriots, when asked to find snakes hiding in pictures of flowers. (EXPRESS)

The Big Picture

NATALIE BEHRING/GETTY IMAGES

SHOULDN'T THEY HAVE CHAIN SAWS? Two women learn how to sword-fight at a "Zombie First Responder" class Sunday in Sandy, Ore. In the intensive two-day program, participants train in subjects such as wilderness and urban survival; Nerf or nerd weaponry; stealth and evasion; and proper zombie disposal. (GETTY)

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Nation

Gas Prices Sink Obama's Ratings

Poll: Rising public disapproval reverses gains president made

Washington

Disapproval of President Obama's handling of the economy is heading higher — alongside gasoline prices — as a record number of Americans now give the president "strongly" negative reviews on the 2012 presidential campaign's most important issue, according to a new Washington Post-ABC News poll.

Increasingly pessimistic views of Obama's performance on the economy — and on the federal budget deficit — come despite a steadily brightening employment picture and other signs of economic improvement, and highlight the political sensitivity of rising gas prices.

The potential consequences are clear, with the rising public disapproval reversing some of the gains the president had made in hypothetical general-election matchups against possible Republican rivals for the White House. Among registered voters, Obama is now on par with Romney (47 percent for the president, 49 percent for Romney) and Santorum (49 percent to 46 percent). Previously, Obama held significant advantages over both. The findings come just five weeks after Obama appeared to be getting a boost from the improving economy.

Gas prices are a main culprit: Nearly two-thirds of Americans say they disapprove of the way the president is handling the situation at the pump, where rising prices have already hit hard. Just 26 percent approve of his work on the issue, his lowest rating in the poll. Nearly half polled say they think that prices will continue to rise.

Results of the full poll have a margin of sampling error of plus or minus 4 percentage points. DAN BALZ AND JON COHEN (THE WASHINGTON POST)

MARK WILSON/GETTY IMAGES

President Obama speaks Friday in Prince George County, Va. A new poll shows ratingwise, Obama is now on par with GOP candidates Mitt Romney and Rick Santorum.

$3.80

The national average cost for a gallon of gasoline on Monday — jumping by nearly a nickel over the weekend and hitting the highest ever for this time of year. (AP)

In Brief

MICHAEL CONROY/AP

Investigators work the scene of a fatal bus crash Monday in Indianapolis.

INDIANAPOLIS

Police: Child, Driver Die In Ind. School-Bus Crash

Indianapolis police say they haven't determined what caused a school bus carrying about 50 students of Indianapolis Lighthouse Charter School to crash Monday morning into a railroad bridge pillar, killing a 5-year-old girl and the bus driver and wounding 10 others. (AP)

MONT VERNON, N.H.

Town Readies for Vote On Renaming Jew Pond

Mont Vernon, N.H., residents will decide at a town meeting Tuesday whether to ask the U.S. Geological Survey to change the name of a fishing spot that's been called Jew Pond since the 1920s. (AP)

BOSTON

Girlfriend Won't Testify Against 'Whitey' Bulger

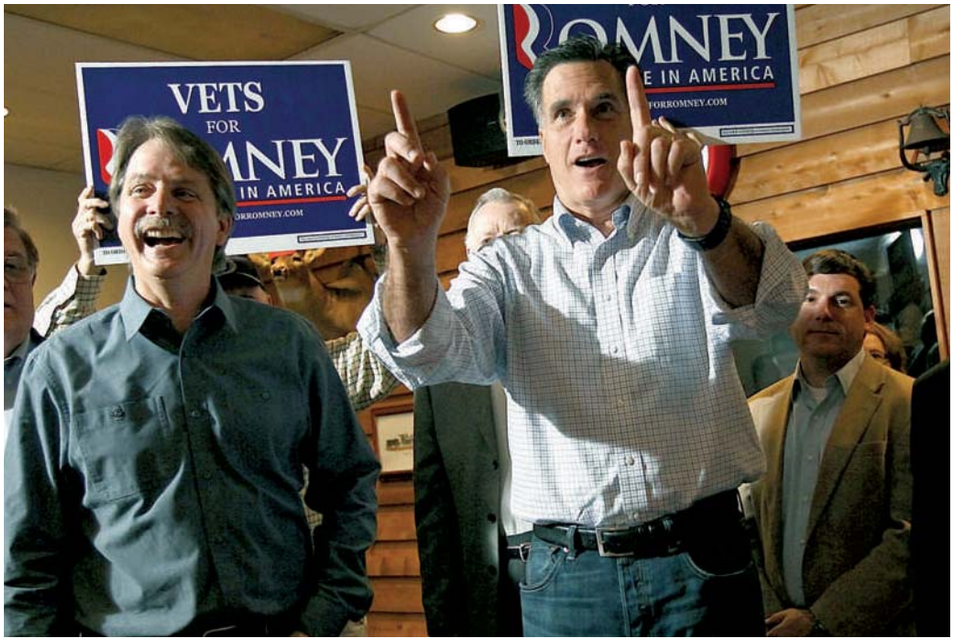
Catherine Greig, the longtime girlfriend of reputed mobster James "Whitey" Bulger, will plead guilty to helping Bulger evade capture but will not testify against him, family members of those allegedly killed by Bulger said Monday. (AP)

EXHIBITS

Smitten Nixon

Long before Richard Nixon rose to power and fell from grace, he was just another man in love. To celebrate the 100th birthday of Pat Nixon, the Richard Nixon Presidential Library and Museum will unveil an exhibit Friday that displays six love letters between the 37th president and his wife. In one of the letters, which date from 1938 to just before the couple's marriage in June 1940, Nixon writes: "Every day and every night I want to see you and be with you. Yet I have no feeling of selfish ownership or jealousy." (AP)

Romney Displays His Southern Comfort to Voters



WIN MCNAMEE/GETTY IMAGES

COMEDIAN JEFF FOXWORTHY, LEFT, AND MITT ROMNEY make a campaign appearance Monday at the Whistle Stop cafe in Mobile, Ala. Ahead of the Alabama and Mississippi primaries Tuesday, the wealthy New Englander talked of eating catfish and cheesy grits and hunting alongside Foxworthy, known for his "you might be a redneck" jokes.

Hearsay

"He acted like an idiot. He's an idiot. I don't have any regret about it."

— **NEW JERSEY GOV. CHRIS CHRISTIE,** ON MONDAY REFERRING TO CALLING FORMER NAVY SEAL WILLIAM BROWN AN 'IDIOT' DURING A HEATED EXCHANGE THURSDAY AT A PUBLIC EVENT.

Nation

Health Law Blueprints Released

Feds finalize outline showing states how to insure Americans

Washington

Fifty million Americans lack health insurance, and the law says most of them must soon be provided coverage. But how to deliver?

The Obama administration on Monday finalized an ambitious blueprint for new state-based markets that will offer consumers one-stop shopping along the lines of Amazon.com.

It may sound simple enough, but getting there will be like running an obstacle course. The initiative comes just two weeks before the Supreme Court takes up a challenge to the constitutionality of the law in a case brought by states. Many governors and legislators are on the sidelines awaiting the outcome, even as time is running out to act.

Starting Jan. 1, 2014, new health insurance markets called "exchanges" must be up and running in every state, the linchpin of a grand plan to make health insurance accessible and affordable to those who now struggle to find and keep coverage. Individual consumers and small businesses will be able to shop online for competitively priced coverage, and many will receive government subsidies to help pay premiums.

The new markets are for individuals and small businesses buying plans. Most people who now have employer health insurance will not have to make changes. The Obama administration requested $800 million to operate the exchanges.

"More competition will drive down costs, and exchanges will give individuals and small businesses the same purchasing power big businesses have today," Health and Human Services Secretary Kathleen Sebelius said in a statement.

Reaction on Monday to the 640-page initiative was mixed. Consumer organizations, the insurance industry and some business groups gave it favorable or neutral reviews. Republican governors panned it.

RICARDO ALONSO-ZALDIVAR (AP)

Regulations

Ready or Not

Experts say it's anybody's guess how the national rollout of President Obama's health-insurance overhaul will go. If a state is not ready, the law requires the federal government to step in to run its exchange. States have until Jan. 1, 2013, to obtain federal approval of their exchanges. (AP)

AUCTIONS

Posters in the Attic

Stuck in a Pennsylvania attic for 80 years, 33 movie theater posters from the Golden Age of Hollywood are expected to fetch $250,000 at auction March 23. Found glued, one atop the other (apparently as each new release came to town), each was painstakingly steamed and separated. The anonymous seller bought them last year for $30,000. (AP)

DEPARTMENT OF HEALTH AND HUMAN SERVICES and NATIONAL INSTITUTES OF HEALTH (NIH)

VOLUNTEERS NEEDED FOR A LIVE INFLUENZA VACCINE RESEARCH STUDY

HEALTHY VOLUNTEERS ARE NEEDED at the National Institutes of Health (NIH) in Bethesda, Maryland, for a research study. The study is testing an investigational live virus vaccine against the H5N1 influenza virus to see if it is safe and compare how it works when given in the back of the throat versus as a pill.

You may be eligible for the study if you:

- Are between 18–49 years old and in good health
- Have not had your tonsils removed
- Are willing to be hospitalized for one week at NIH
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Individuals who live with you must agree to be monitored as well; however, they will not receive the vaccine. All volunteers will be compensated.

For more information, call

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Nation

Feds Reject Texas Voter ID Law

Washington

The Justice Department has blocked a new law in Texas requiring voters to show photo ID, saying that it disproportionately harms Hispanic residents.

The action is the second time in three months that the Obama administration has blocked a state voter ID law. In December, the Justice Department struck down South Carolina's new law requiring photo identification at the polls, saying it discriminated against minority voters.

In the case of South Carolina, officials said the South Carolina law adversely affected African-American voters. In Texas, the law, signed last year by Gov. Rick Perry, a Republican, discriminates against Hispanics, the Justice Department said.

"Even using the data most favorable to the state, Hispanics disproportionately lack either a driver's license or a personal identification card," wrote Thomas Perez, head of the Justice Department's civil rights division, in a letter to Keith Ingram, director of elections for the Texas Secretary of State.

The Justice Department's challenge signals an escalating national legal battle over voter ID laws as the presidential campaign intensifies. Eight states passed voter ID laws last year, and critics say the new statutes could hurt turnout among minorities and others who helped elect President Obama in 2008. But conservative supporters and Republican attorneys general say the tight laws are needed to combat voter fraud. SARI HORWITZ (THE WASHINGTON POST)

Backstory

The Justice Department has blocked both the South Carolina and the Texas voter ID laws under Section 5 of the historic 1965 Voting Rights Act. The provision requires 16 states or parts of states with a history of discrimination to get federal approval of any changes to their voting laws. The Justice Department's actions are not final. South Carolina and Texas have filed lawsuits in U.S. District Court to be allowed to enforce their new voting laws. (TWP)

17.8M **The number of U.S. visitors** the website Pinterest received last month — up from 11.7 million U.S. visitors in January, according to Internet marketing research company ComScore. (AP)

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World

Killings Spark Fear of Reprisals in Syria

Activists: Pro-Assad gunmen fatally shoot 16 civilians in Homs

Beirut

Syrian activists said Monday that pro-government gunmen killed at least 16 people Sunday night, including some children, in a rebel stronghold recaptured by the government, fueling concerns the government is carrying out reprisals in territory it has taken back.

State media in Damascus, which often ignores activists' claims, confirmed killings in Homs but blamed "armed terrorists," as it frequently calls those behind the yearlong uprising against President Bashar Assad's regime.

The reports of killings in the battered city of Homs — the Syrian city hardest hit by violence since the uprising began in March last year — added to concerns that the hundreds of civilian deaths caused by the fighting would be compounded by reprisals against opposition supporters in recaptured towns and neighborhoods.

Fresh from stamping out rebel centers of resistance in Homs, government forces are pressing on with new offensives in other parts of central and northern Syria.

The main Syrian opposition group, the Syrian National Council, called for "immediate" Arab and international military intervention, including setting up safe corridors for humanitarian aid and a no-fly zone to protect civilians. (AP)

Meanwhile ...

The United States and Russia clashed over Syria at the U.N. Monday after Secretary-General Ban Ki-moon urged the divided Security Council to speak with one voice and help the Mideast nation "pull back from the brink of a deeper catastrophe." Russia argues Syria's leadership deserves blame in the yearlong conflict, but the opposition and al-Qaeda are responsible, too. The U.S. rests sole blame with President Bashar Assad. (AP)

RODRIGO ABD/AP

A Syrian woman cries on Saturday as she recovers from severe injuries after the Syrian army shelled her house in Idlib. Her husband and two children died in the blast.

French Police Raid Home of L'Oreal Heiress

Paris

Police have raided the home of L'Oreal heiress Liliane Bettencourt — France's richest woman — as part of a broad probe involving suspected illegal party financing and tax evasion.

An official says police seized a computer belonging to the 89-year-old cosmetics billionaire in a sweep early Monday in Neuilly-sur-Seine, a posh Paris suburb.

Investigators want to analyze emails between her and the manager of her fortune, estimated by Forbes magazine at $24 billion.

A long-running family feud over the fortune has ballooned into a political affair involving allegations of tax evasion and illegal financing of President Nicolas Sarkozy's conservative party. (AP)

Israeli Airstrikes Kill 3 Palestinian Civilians

ADEL HANA/AP

A PALESTINIAN BOY WALKS THROUGH THE RUBBLE of a destroyed building after an Israeli air strike Monday in Jabaliya. Israeli air strikes killed two Palestinian militants and a schoolboy in the Gaza Strip on Monday, and Palestinian rocket squads barraged southern Israel in escalating fighting that has defied international truce efforts.

Lost and Found: Researchers may have discovered traces of a lost mural by Leonardo da Vinci by poking a probe through cracks in a 16th-century fresco painted on the wall of one of Florence's most famous buildings. The latest findings Monday still leave much mystery in the hunt for the "Battle of Anghiari," a wall mural painted by Leonardo in Florence's storied Palazzo Vecchio and possibly hidden behind a fresco done by Giorgio Vasari decades later. (AP)

In Brief

KABUL, AFGHANISTAN

Officials: 45 Feared Trapped in Avalanche

An avalanche struck two remote villages in northeast Afghanistan on Monday, and 45 people were feared trapped in the snow, said provincial spokesman Mohammad Zareen. Extremely heavy snowfall this year has resulted in more avalanches than normal. (AP)

SAO PAULO

Brazil Hands Out Nearly Half Billion Condoms

Brazil's Health Ministry said Monday that it handed out 493 million free condoms last year — a record for the nation's campaign to reduce AIDS and other sexually transmitted diseases. (AP)

TORONTO

Cheney Deems Canada Too Dangerous for Visit

Former U.S. Vice President Dick Cheney is canceling an April 24 Canadian speaking appearance because of security concerns sparked by demonstrations during a visit he made to Vancouver last fall. (AP)

Healthy adult volunteers needed

The National Institute of Mental Health is conducting outpatient research studies on fear and anxiety at the National Institutes of Health Clinical Center in Bethesda, Maryland.

Over a period of one to three visits of one to three hours each, participants will be interviewed and possibly complete a series of tests during which your heart rate will be recorded.

Volunteers must be between 18-50 years of age, medically healthy, and not be taking medication. There is no cost for study-related tests.

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World

British Court OKs Right-to-Die Case

Man left paralyzed by stroke years ago fights for euthanasia

London

In a case that challenges Britain's definition of murder, a severely disabled man who says his life has no "privacy or dignity" will be granted a hearing on his request that a doctor be allowed to give him a lethal injection.

Tony Nicklinson suffered a paralyzing stroke in 2005 that left him unable to speak or move below his neck. The former rugby player and corporate manager requires constant care and communicates largely by blinking, although his mind remains unaffected.

"I am fed up with my life and don't want to spend the next 20 years or so like this," Nicklinson said in a statement.

In January, Nicklinson asked the High Court to declare that any doctor who kills him with his consent will not be charged with murder. On Monday, a judge said the request may proceed, making it the first right-to-die case of its kind to get a hearing in a British court.

The 57-year-old's condition is stable, though Nicklinson has refused since 2007 to take any life-prolonging drugs recommended by doctors.

The Ministry of Justice argued that granting Nicklinson's request would require changing the law on murder and that such changes must be made by Parliament. The government had applied to have the case dismissed. (AP)

EU Wrestles With Spain Austerity Measures

VIRGINIA MAYO/AP

LUXEMBOURG'S PRIME MINISTER, JEAN-CLAUDE JUNCKER, right, puts his hands on the neck of Spain's economy minister, Luis de Guindos, center, as Dutch Finance Minister Jan Kees De Jager looks on during a meeting of eurozone finance ministers on Monday in Brussels. The eurozone's 17 nations grappled with Spain's economic woes, complicated by the country's high deficit.

112M **The number of hits,** as of Monday morning, that the Kony 2012 social media campaign has drawn with its video about the African warlord, according to Visiblemeasures.com. The video has spread more rapidly than any other. (EXPRESS)

Inside View

Villager Mohammad Zahir described how he watched a U.S. soldier enter his house and move through it methodically, checking each room. "I heard a gunshot. When I came out of my room, somebody entered our house. He was in a NATO forces uniform. I didn't see his face because it was dark" he said. Zahir said he went to a part of the house where animals are penned. "I saw him moving to different areas of the house — like he was searching," he said. His father, unarmed, stepped out of a bedroom. Zahir said the soldier then shot his father, but Zahir — fearing for his life — stayed put. His mother pulled his father into the room and helped cover the wound with a cloth. Zahir's father survived the attack. (AP)

A mourner cries over the bodies of Afghan civilians allegedly killed by a U.S. solider on Sunday.

JANGIR/AFP/GETTY IMAGES

NATO: No Changes

The alleged slaying of 16 civilians by a U.S. soldier in southern Afghanistan will not affect plans to turn over security operations to local troops, NATO and member countries said Monday, calling for a quick investigation into the deaths. NATO spokeswoman Oana Lungescu, above, said it was an "isolated incident" and would not change the alliance's plans to turn over security operations to Afghan troops by the end of 2014. (AP)

Turning Point In Afghanistan?

A soldier's rampage stokes animosity toward the U.S.

Kabul

Afghan officials expressed dismay and rage Monday as villagers quietly buried 16 civilians, including nine children, allegedly shot by a rogue U.S. soldier in southern Afghanistan the day before.

As ghastly details and images from the scene began spreading online, several members of parliament, including staunch supporters of the United States, demanded that the soldier be put on trial in Afghanistan. The Taliban, meanwhile, vowed to avenge the killings, which fit masterfully into its narrative depicting foreign troops as callous killers waging a war on Islam.

The slayings were the latest in a cascade of missteps and blunders that have shaken Afghans' confidence in the United States. In interviews, Afghan and Western officials said they believed Sunday's killings in the Panjwai district of Kandahar could come to mark an irreversible turning point.

"I am concerned like never before," said Waheed Omer, the Afghan president's former spokesman, who spent years arguing that the relationship between Kabul and its Western patrons was thorny but solid and essential. "It seems we only have bad choices to make. The lines between friends and enemies are blurred like never before."

The most immediate fallout of the killings probably will affect Washington's ability to negotiate a strategic partnership agreement that would allow the U.S. to maintain troops here beyond the end of 2014. In Iraq last year, it was a similar debate over accountability for civilian deaths that ultimately doomed Washington's goal of keeping a small contingent of troops in the country.

Western officials expressed a degree of relief that the killings didn't immediately unleash the kind of violent, widespread protests that gripped the nation after last month's burning of Korans by U.S. soldiers. But some said they were bracing for serious repercussions.

"This is going to have a hugely damaging effect on our credibility," a Western official in Kabul said Monday on condition of anonymity. "Each of these things could have a progressively corrosive effect on our relationship. This could be the first big step that shuts us down."

Some members of the Afghan parliament cast doubt on the U.S. account that a lone gunman was responsible for the killings and questioned whether the staff sergeant taken into custody would be held accountable for the most savage crime committed intentionally by a U.S. soldier in the decade-long war. "If the culprits are not punished, then people will be forced to take part in an uprising," lawmaker Nazeega Zaki said.

Another member of parliament, Shukria Barakzai, who heads the defense committee and has had strong relationships with Western officials, said the suspect should be tried in an Afghan court or an international tribunal. "Afghan blood cannot be spilled in vain," she said. ERNESTO LONDOÑO (THE WASHINGTON POST)

U.S. Probes Attack

Investigators said they were working quickly to build a case against the suspect in Sunday's shooting in Afghanistan but declined to identify him by name until charges can be filed. The probe is being led by the Army Criminal Investigations Command, which already had agents present in Kandahar province at the time of the killings.

Another U.S. military official, speaking on condition of anonymity because of the sensitivity of the case, said the soldier was part of a village stability operation working in Kandahar province and was deployed with a unit that was supporting U.S. Special Forces in the area. The soldier was on his first tour of duty on Afghanistan, after multiple assignments in Iraq, said the official, who spoke on condition of anonymity. The Associated Press reported that the soldier is married with two children.

U.S. military officials said it was highly likely that the suspect would be brought back to the United States to face charges and a possible court-martial, but added that no final decision had been made. (TWP)

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Study: U.S. Transit Use Increases

Transportation group says trend is a result of higher gas prices

Washington

Transit ridership nationwide last year reached one of its highest points since 1957, according to a transportation trade group. In the Washington region, Metro kept pace with the trend but predicts that ridership will fall this year.

The number of bus and train passengers across the country last year was up 2.3 percent compared with in 2010, according to figures released Monday by the American Public Transportation Association.

For subway systems, nationwide ridership was up 3.3 percent. At large agencies, bus ridership was up slightly, by 0.4 percent. Small, medium and large transit systems, as well as commuter bus lines, saw growth, said Michael P. Melaniphy, president and chief executive of the association. "People are really flocking to transit," he said.

In places such as Boston, Miami, San Francisco and Nashville, Tenn., ridership is "outpacing employment," Melaniphy said. Some riders are being lured by new rail lines in cities such as Dallas, and the comfort of new buses and trains. The trend is expected to continue as gas prices rise, the economy bounces back and people use public transportation to get to work, he said.

> **"They are turning to public transportation as a cost-efficient, dependable, less stressful mode."**
>
> — **MICHAEL P. MELANIPHY,** CEO OF THE AMERICAN PUBLIC TRANSPORTATION ASSOCIATION.

"They are turning to public transportation as a cost-efficient, dependable, less stressful mode," Melaniphy said.

Metro saw overall ridership on its buses and trains do slightly better than the national average, rising 2.4 percent in 2011. Rail ridership grew just 0.4 percent, while bus ridership far outstripped the national trend with an increase of 7.1 percent.

But according to Metro estimates, its rail ridership for fiscal 2013, which begins July 1, may drop 3 percent.

A possible across-the-board fare increase also could push away riders. Metro General Manager Richard Sarles has proposed the increases in rail and bus fares, and parking fees to help fill a $116 million budget deficit. (THE WASHINGTON POST)

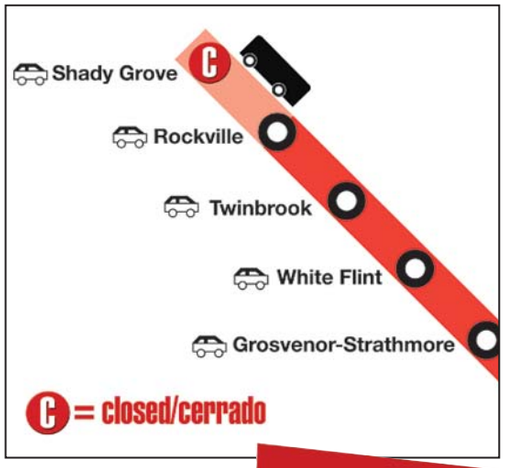
Metro to Hold Public Meeting On Md.'s Y Line In Wheaton

Transportation

Metro wants to hear from people who take Metrobus on Georgia Avenue in Maryland. Metro, along with Montgomery County and the Maryland Department of Transportation, will host a public meeting on Thursday evening to discuss the Metrobus Y Line Study aimed at improving bus service on Georgia Avenue.

The meeting will be held at 10700 Georgia Ave. in Silver Spring on Thursday from 6 to 8 p.m. near the Wheaton Metro station. (TWP)

Weekend Track Work



DUPONT CIRCLE ALERT: The station's south entrance is closed for escalator replacement. For details, visit wmata.com/dupont.

From Friday, March 16 at 10 p.m. to Sunday, March 18 at closing: Buses replace trains on the Red Line between Shady Grove and Rockville stations.

Temporarily closing stations and suspending train service is necessary while Metro replaces track circuit modules per NTSB recommendations, rehabilitates track and performs cable work.

To get last train times or information about shuttle bus service, parking and alternate routes, please visit **MetroForward.com** or call 202-637-7000.

Track work projects like this are part of Metro's commitment to building a better ride for you.

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Local

From Party Zone to Ghost Town

Adams Morgan's street overhaul hurts business drastically

Washington

For a year, work on the streets of Adams Morgan has made the neighborhood an obstacle course of Jersey barriers, orange pylons and yellow caution tape.

Workers are in the final phase of the $6.5 million project, which officials hope will be finished by early summer. City officials said once complete, it will make Adams Morgan a greener, more pedestrian-friendly community.

But getting through the months of construction has been painful, many merchants along the streets said. Business is down. Even in the areas where new sidewalks have been installed, business has not returned to pre-construction levels, they said.

RICKY CARIOTI/TWP

A manager at Pizza Mart looks out his window on 18th Street NW March 7. He says business has dropped by 60 to 70 percent since the street project started last year.

"It's very, very difficult," said James Nixon, co-owner of Toro Mata, a gallery featuring Peruvian art. "You look up and down the streets, and some days it's a ghost town."

With newly redeveloped areas of the city such as H Street NE, U Street NW and Penn Quarter drawing nighttime crowds, even the most pessimistic merchants acknowledge that the neighborhood was in desperate need of a face-lift. That hasn't made coping with the construction any easier.

"Yes, we think the streetscape is great, but it's like getting a root canal," said Arianne Bennett, the owner of Amsterdam Falafel.

LORI ARATANI (THE WASHINGTON POST)

Backstory

After seven years of planning, the District Department of Transportation broke ground on the $6.5 million street project last March. The work in Adams Morgan is one of six streetscape projects scheduled to be completed this year, according to DDOT officials. "I made it clear, this was going to be a major trip to the dentist," said D.C. Council member Jim Graham, D-Ward 1. (TWP)

UMd. Honored For Dedication To Forestry

College Park, Md.

The University of Maryland is being honored again for its commitment to effective community forestry.

8K

The approximate number of trees on the University of Maryland, College Park campus.

The school says its College Park campus has been given a "Tree Campus USA" award by the nonprofit Arbor Day Foundation for the fourth year in a row.

The university says the campus has about 8,140 trees, about 3,865 of which have been tagged for having a diameter of 6 inches or more.

American University in D.C. has been designated a tree campus at least twice. (AP)

HOLIDAY FUN

Safety First, Kids!

The Washington Regional Alcohol Program is offering free cab rides to St. Patrick's Day revelers to help curb drunken driving. The SoberRide service will be available to residents in Washington and in Montgomery, Prince George's, Arlington, Fairfax, Prince William and eastern Loudoun counties. The rides will be offered from 6 p.m. Saturday to 6 a.m. Sunday at 1-800-200-TAXI. (AP)

Police Thought Va. Tech Attacks Were Isolated

Christiansburg, Va.

Police officials who responded to the first shootings at Virginia Tech on the day a gunman later killed 30 say they believed the initial violence was an isolated, domestic incident.

The testimony Monday by the state witnesses is intended to bolster defense claims that Virginia Tech officials believed the first shootings on April 16, 2007, were targeted and not a threat to the wider campus.

The state began its presentation on Monday in a wrongful-death suit brought by the parents of two Virginia Tech students who were among the 33 killed on campus nearly five years ago.

The state plans to present up to 50 witnesses. They are likely to include experts on emergency responses and police procedures. The families of Julia K. Pryde and Erin N. Peterson are each seeking $100,000 and official accountability for what they say was the university's slow response to the shootings. (AP)

The Lotteries

Monday, March 12

District

Mid-day Lucky Numbers	0-2-7
Evening Lucky Numbers (Sun.)	8-1-4
Mid-day DC 4	8-6-1-5
Evening DC 4 (Sun.)	1-4-6-9
Mid-day D.C. Five	0-9-8-9-7
Evening D.C. Five (Sun.)	2-6-1-6-5

Virginia

Mid-day Pick 3	7-7-6
Evening Pick 3 (Sun.)	5-6-0
Mid-day Pick 4	7-8-7-5
Evening Pick 4 (Sun.)	4-4-9-9
Mid-day Cash 5 (Sun.)	1-6-15-18-24
Evening Cash 5 (Sun.)	8-10-17-29-33

Maryland

Mid-day Pick 3	5-1-5
Evening Pick 3 (Sun.)	8-2-2
Mid-day Pick 4	0-7-3-7
Evening Pick 4 (Sun.)	6-0-9-1
Match 5 (Sun.)	1-8-10-24-31 (17)

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

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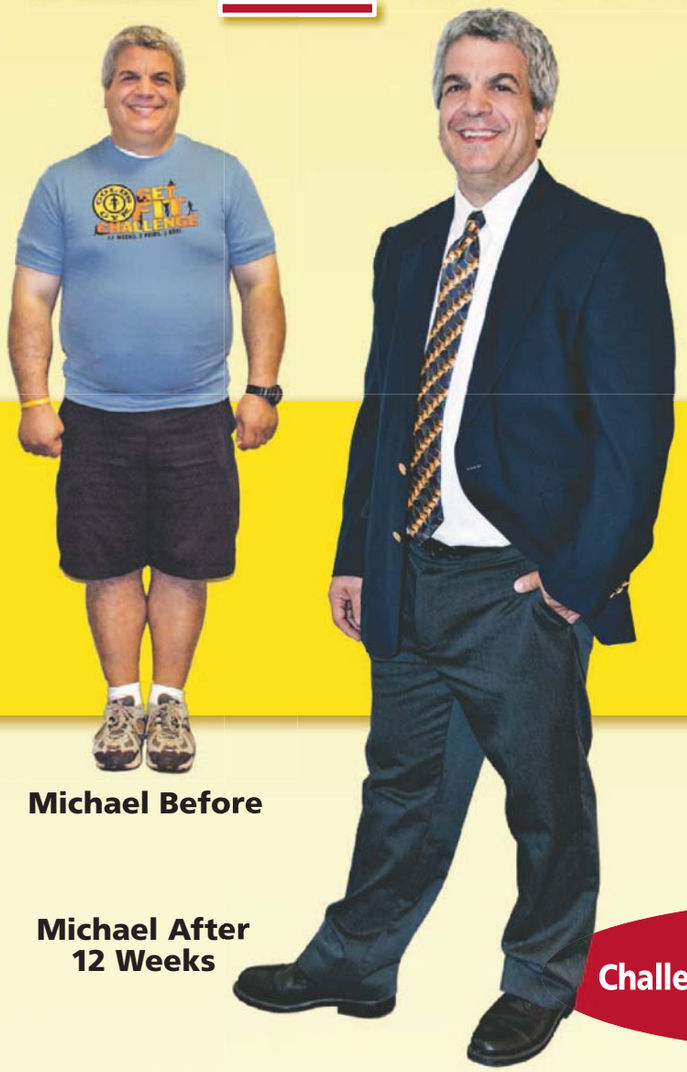

Michael Before

Michael After 12 Weeks

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Michael
Challenge 2011 Winner, Lost 42.6 lbs. and 6" off his waistline!

express

*Total cash prize awarded to the grand prize winner is $5,000. Total cash prize awarded to the runner-up winner is $500. One 1 year membership will be awarded to each selected contestant. Limitations may apply. Membership cannot be redeemable for cash. No purchase necessary. Contest is sponsored by Gold's Gym International, Inc. & Express Publications, LLC. Contest is open only to legal residents of the District of Columbia, Maryland & Virginia who are 18 years of age or older at the time of entry. Void where prohibited by law. Entry period begins on 3/12/2012 at 12:01 am Eastern Time ("ET") & ends on 3/27/2012 at 11:59 am Eastern Time ("ET") ("Entry Period"). To enter for a chance to compete in the challenge, complete the form on the contest entry page at www.expressnightout.com/getfit or send a 3.5" x 5" postcard with the required information (including a recent photograph taken within the last 60 days) from the contest entry page to: 2012 Gold's Gym Challenge; Express Marketing Dept., 1150 15th Street, NW, 6th floor Main, Washington, DC 20071. Limit 1 entry per person. Contest participants will be chosen as explained in official rules. Contest is subject to Official Rules; for a copy of Official Rules visit www.expressnightout.com/contests.

Swengali's Bracket Redux

By Matt Swenson

Do you have your dancing shoes? It's going to take some sweet moves to predict the inevitable surprises in March Madness. I'm here to offer some help, but follow these suggestions at your own risk.

The Local Angle:

With Maryland, George Mason and Virginia Tech watching from home, D.C.-area fans' hopes lie with Georgetown and Virginia. Unfortunately, the 10th-seeded Cavaliers, who faded down the stretch this year despite the best efforts of Mike Scott, are Gator bait against Florida in the West region. The third-seeded Hoyas are trying to avoid a third-straight first-round knockout, and No. 14 Belmont is a tough test to start in the Midwest. Georgetown — powered by Henry Sims' Simsanity (we couldn't resist) — should prevail, and should be able to get past the winner of the San Diego State-N.C. State game before being sent home by Kansas.

The One and Only

Only once — in 2008 — have all four top seeds reached the Final Four. Don't bet on a recurrence this year. Syracuse has been a bit off its game since Fab Melo returned from a suspension, and North Carolina won't have star John Henson (wrist injury) at 100 percent — making both schools good bets for an early dismissal. Michigan State has a tough road that may include Memphis in the third round. That leaves just Anthony Davis-led Kentucky — the best team in the country, a lock for New Orleans and our pick to win the national title.

Three's Company

In our projections, only Kentucky will represent the top seeds in the Final Four. That opens the door for some less-likely runs to the Big Easy. After winning its first ACC tournament, Florida State might really go nuts and come out of the East. The third-seed Seminoles, powered by Michael Snaer and a tenacious defense, beat both Duke and North Carolina twice this year as proof of their legitimacy. Another three-seed that might do well by its conference is the Big East's Marquette, which could make up for Syracuse's expected disappointment. Big East Player of the Year Jae Crowder, above, and sophomore Davante Gardner give the Golden Eagles two of the tournament's top players. This group might be one that can topple Michigan State in the West.

Surprise!

If there's one rule of thumb to follow when picking your bracket, it's "Take a No. 12 seed over a No. 5 seed." The smart choice looks to be Harvard, which might be catching Vanderbilt at the right time. The Commodores just won the SEC tournament, meaning it's likely they've peaked. Plus, overconfidence may be a concern after an upset over Kentucky. Another potential upset could come courtesy of New Mexico State over Indiana, whose resuscitation was a feel-good story this year. But the Hoosiers lost senior point guard Verdell Jones III to a torn ACL, and Indiana wasn't great away from home this year anyway.

Trade Adds Urgency to Redskins' Offseason

The Redskins

With their first two picks in the 2012 NFL draft gone in Friday's blockbuster trade to the St. Louis Rams, the Redskins — who already figured to be active on the free agent market — are likely to step up their efforts to add the players critical to improving this season.

The addition of an elite rookie quarterback — most likely Baylor's Heisman trophy winner Robert Griffin III — should help their chances of landing a top wide receiver when free agency opens at 4 p.m. Tuesday.

"We thought it was important to do [the trade with St. Louis] before free agency to allow us the proper planning, and to know what you're going to get with your first pick in the draft," said Redskins general manager Bruce Allen.

In a decision that could complicate the Redskins' efforts to sign free agents, the NFL will take $36 million in salary cap space away from the team because of its approach to structuring contracts in 2010, when there was no salary cap, according to a person familiar with the situation. The loss can be spread over two years.

To free money, the Redskins on Monday released safety Oshiomogho Atogwe, who signed a five-year, $26 million contract just before the lockout began last March. They also cut veteran fullback Mike Sellers.

(THE WASHINGTON POST/AP)

Women's Bracket

The NCAA women's tournament field was announced after Express' deadline on Monday. We will publish the bracket in Wednesdays's edition.

Snail's Pace Car: IndyCar is hoping a turbo-charged snail can finish No. 1 at the box office and help draw younger fans to the Indianapolis 500. IndyCar is teaming up with DreamWorks Animation to make "Turbo," which is slated to hit theaters in the summer of 2013. The animated movie features an ordinary garden snail that dreams of winning the Indy 500, and gets a chance to do just that after a freak accident leaves it with super speed. (AP)

express health directory

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Rita Adaimi, MD at 202 877 9163 at the Washington Hospital Center

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Sports

In Brief

COLLEGE FOOTBALL

Penn State: Paterno Fired For Leadership Failures

Paterno

Penn State trustees, faced with continued alumni and student criticism for firing football coach Joe Paterno, released a statement Monday intended to underscore their rationale for his ouster: "failure of leadership" for his actions after a reported sex assault involving former assistant coach Jerry Sandusky. (AP)

COLLEGE FOOTBALL

UNC Gets Postseason Ban

The NCAA infractions committee has hit North Carolina's football program with a one-year postseason ban, a reduction of 15 scholarships and three years of probation after an investigation into improper benefits and academic misconduct. (AP)

PRO FOOTBALL

Manning to Visit Titans

The Tennessee Titans are preparing for Peyton Manning to visit, NFL.com reports. Manning was a University of Tennessee star. (EXPRESS)

TV Lineup

WIZARDS (8:30 P.M., CSN) The Wiz play the Dallas Mavericks.
CAPITALS (7 P.M., CSN+) The Caps visit the New York Islanders.
NCAA HOOPS (6:30 P.M., 9 P.M., TRUTV) Mississippi Valley State plays Western Kentucky, and BYU takes on Iona, in the first round of the NCAA tournament.
NIT HOOPS (7 P.M., 9 P.M., 11 P.M., ESPN2; 7:30 P.M., 9:30 P.M., ESPN) UMass-Mississippi State, Akron-Northwestern, Cleveland State-Stanford, Dayton-Iowa and LSU-Oregon are the NIT first-round schedule.
SOCCER (3:55 P.M., ESPN2) Everton plays Liverpool in the Premier League.

express health directory

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Gordon Raphael, MD

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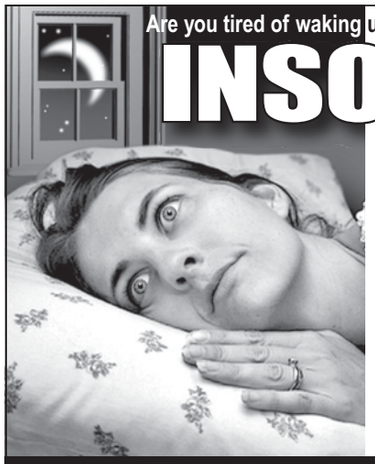

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Sports

Caps' Minds Are Elsewhere Late in Year

In tight playoff race, team keeps an eye on the scoreboard

The Capitals

They were in control of the game, up 2-0 over the Toronto Maple Leafs, and yet the Washington Capitals couldn't stop watching the scoreboard.

Even coach Dale Hunter was keeping his eye on the out-of-town scores during Sunday night's game. "You worry about it. Every night I'm checking all the scores," he said. "I'm even checking on [Los Angeles]. You're always checking."

It's hard to blame the Caps for their wandering eyes. For the past month the team has bounced between a playoff seed and narrowly missing the NHL's second season with as little as one point separating the conference's eighth — and final — playoff spot and the ninth.

That could all change with a five-game road trip that, if the Caps can continue winning, could create some space between them and their pursuers.

After Tuesday's game with the Islanders, the Caps travel to Winnipeg to meet the ninth-place Jets, who are in the race for first place in the Southeast Division.

Winnipeg has 72 points, four behind Washington's 76, and both teams are chasing division-leading Florida, with 77 points.

After Winnipeg, the Caps' trip gets considerably tougher, with back-to-back games against the Chicago Blackhawks (Sunday) and the Detroit Red Wings (Monday).

After a two-day break, the Caps take on the Flyers in Philadelphia on Thursday and return home to face Winnipeg in the second half of another back-to-back.

REED S. ALBERS

> **"I think we've been a really good hockey team the past three games."**
>
> — **MATHIEU PERREAULT,** WHO SCORED A GOAL IN THE CAPITALS' 2-0 WIN OVER THE TORONTO MAPLE LEAFS SUNDAY. THE CAPS HAVE WON THREE-STRAIGHT.

A Scoreboard Watching Guide

77 pts. Florida Panthers

LEADING SOUTHEAST DIVISION

The Caps are just one point behind the Panthers, who have one game in hand on Washington. Florida's biggest game this week is a Saturday-night meeting with the Buffalo Sabres, but expect the Caps' eyes to be on Florida's games against the Toronto Maple Leafs (Tuesday) and Boston Bruins (Thursday).

72 pts. Winnipeg Jets

NINTH IN EASTERN CONFERENCE

The Jets face the Dallas Stars on Wednesday, which could help Winnipeg make up some lost ground on the Capitals. After Friday's game against the Caps, the Jets face Carolina and Pittsburgh before their final meeting with the Caps this season (March 23).

72 pts. Buffalo Sabres

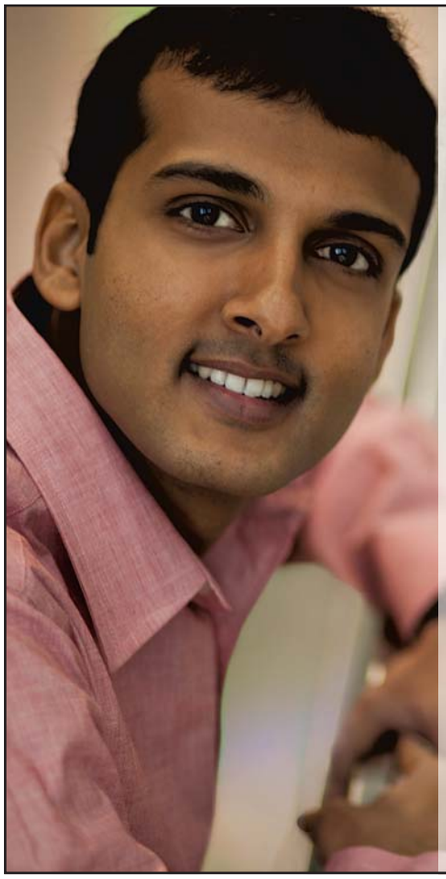
10TH IN EASTERN CONFERENCE

The Sabres streaked back into the postseason picture with a recent 7-2-1 stretch, and they could help the Capitals secure their spot with a few key matchups this week. On Saturday, the Sabres play the Southeast-leading Florida Panthers, and next Monday they face Tampa Bay, a surprise playoff contender.

69 pts. Tampa Bay Lightning

11TH IN EASTERN CONFERENCE

It's hard to deny Steven Stamkos' star power. He leads the league with 48 goals and has helped drive his team from the bottom of the East's standings to just outside a playoff spot. Tampa's key playoff match will be next Monday, when they look to take down the Buffalo Sabres. R.A.



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CISSP	Apr 9
Web Design and Developer	Apr 9
Oracle 11g Database Administration	Apr 10
Network+	Apr 19
Oracle 11g Certified Professional (OCP)	Apr 25
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Guinea Pig | Happy Now?

Ads for McDonald's new Happy Meal emphasize the nutritious stuff in the smiley red box: apple slices and fat-free chocolate milk. But when you actually order one, it doesn't look healthy (five measly fruit slices and no veggies?) — and it reeks of those famous fries. Interested in fixing that and have a kid age 8 to 11? You can enter the Happy Meal Chefs contest (Happymealchefs.mcdonalds.com) for the chance to work with Mickey D's head chef.

GOLD'S GYM

See your weekly Gold's Gym Trainer Tip on the next page.

MARGE ELY/EXPRESS

Denise Austin (in red) extends an Express staff meeting with a side stretch.

Memo to Staff: Get Moving

Local exercise guru Denise Austin teaches us how to stretch and strengthen at work

Here's a question I never thought I would ask my boss: "Is it OK for me to bring Denise Austin to our next staff meeting?"

I'd invited the fitness guru to Express to help debut my plans for a daily activity break. My pitch to her was that we'd gotten too glued to our desks in the process of putting out the paper and needed to take "recess." To my surprise, she said yes. My boss did, too.

Which brings us to a morning in late January, when Austin burst into a conference room and demanded that people touch her tummy. Her abs turned out to be quite the icebreaker — and rock-hard, in case you were curious. I'd gotten skeptical looks, and even a few grumbles, when I'd explained to my co-workers what we'd be doing. But Austin captivated the room instantly.

She has plenty to say on the subject of exercise at work. Austin, who lives in Alexandria, has been tackling the topic since 1983, when she wrote a pamphlet titled "Tone Up at the Terminals." A few exercises at your cubicle isn't a substitute for a workout, Austin said. But a quick stretch and a reminder that you have muscles can boost your mood, clear your head and help prevent some of the damage created by inactivity. "I'm a true believer that sitting still is our enemy," she said.

So Austin showed us how to lean from side to side. We twisted at the waist for some standing core work. We kicked and punched. And we were ready to fight our formerly sedentary ways.

Austin told us, "You've got to remind yourself, on the hour, do a minute," so when I returned to the office later that afternoon, everyone was up with their arms above their heads. I thought I was launching an exercise program, but I'd inadvertently started a cult. "If she'd told us to rob a bank, we would have done it," said copy editor Adam Sapiro.

For a week, practically the whole staff jumped out of their seats every hour. People marched through the office when it was time to convene for the daily news meeting. Austinisms became part of the vernacular. One favorite: "If you don't squeeze your butt, no one else will."

> **"If you don't squeeze your butt, no one else will."**
>
> — **DENISE AUSTIN,** FITNESS GURU. ALSO REPEATED BY MANY EXPRESS STAFFERS.

My most enthusiastic co-workers also helped me establish a slightly longer break at 3 p.m. that involves a wider variety of moves. We've experimented with several formats, including playing the warm-up segments of DVDs, going for walks and holding an impromptu dance party. The most successful innovation so far seems to be "plank o'clock." That's when it's time to gather in one corner of the office and hold the pose for a minute.

Even so, a month after that staff meeting, the initial zeal has worn off. So the quest for the best activity continues. Or maybe Austin will come back. VICKY HALLETT (EXPRESS)

Tips for Starting a Fitness Break at Work

1 Survey co-workers: My questions turned up some conflicts. ("I really want to dance." "Anything but dance.") But everyone agreed that mid-afternoon was when we needed the break, which is how we settled on 3 p.m.

2 Recruit a team: Copy chief Aimee Goodwin rounds up the troops in the newsroom every hour on the hour and runs recess when I'm not in the office. But I'd like to recruit a guy to take a leadership role and help make the activities coed.

3 Get the boss on board: Express editor Dan Caccavaro showed his support by twisting and punching with the rest of the staff when Denise Austin came to visit. But while his permission has been appreciated, I'd also like to see some more participation. Dan, I challenge you to the sit-and-reach test!

4 Start small: One of the reasons plank o'clock has been so successful is that it's scalable. Some people can't hold the pose for the entire 60 seconds — yet. Maybe you have two left feet or don't want to sweat in your work clothes, but there's no reason you can't join us on the ground.

Meet The Trainer

Christina Werries

Certified Personal Trainer
Bailey's Crossroads Gold's Gym

Christina has been involved in athletics and the fitness industry for over a decade. She attended Clarion University of Pennsylvania on an athletic scholarship, and minored in Athletic Coaching. Her long athletic career includes a former stint as a running back/tight end on the District of Columbia Divas pro football team. In addition to her duties at Gold's, Christina serves as a fitness instructor for a law enforcement academy. Christina's daily motivation comes from witnessing the incredible changes in attitude, confidence and appearance that her clients achieve with the proper education and professional guidance.

Certifications:
Cooper Clinic - Certified Personal Trainer; American Red Cross - AHA Adult CPR/AED

To schedule an appointment with Christina or another Gold's trainer, come to a Gold's Gym location near you or visit our website.

GOLD'S GYM

Trainer Tip of the Week

Go Green this St. Patrick's Day (and we're not just talking beer). Vegetables like spinach, kale and broccoli keep you feeling fuller longer and don't add inches to your belly (but the beer does). Nutrition is key to a successful fitness and weight loss regimen. To find healthy alternatives to add to your diet, call me today.

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BEN CLAASSEN III

Give Them Another Chance

Q I'm about to take my husband back after a six-month separation brought about by the fact that he cheated on me for several years. I was certain that I wanted a divorce, but for lots of reasons, including the sake of our children, we are giving it another go. My friends, however, have been condescending. How do I tell them that I don't want to hear their criticisms? IT'S MY BUSINESS

This answer depends on what kind of friendships you want. You can silence your friends, but if they have legit concerns that they're never allowed to discuss, then they're your friends in name only.

That's not to say you need to listen to the same refrain over and over again. And if they're engaging in unfounded, bitter character attacks about your husband, certainly, that's not appropriate. Some friends don't necessarily have your best interests in mind — they just want to express their condescension, whether it be about your ex or your stove. But your truest friends are going to need to feel heard. Give them two weeks, and promise that you'll hear them out for this finite period of time if they will give your choice a chance afterward. Then listen.

Be There for Her, Even From Here

Q My teenage sister has had some developmental delays that have affected the way she acts socially. I think my parents are too hard on her and expect her to be completely social and happy (like I was in high school). They haven't been very supportive or kept up with counseling. I want to be able to make sure she gets a fair shot, but they live several states away and I am in college up here. SAD BIG SIS, VA

You're a great sister for being concerned and on top of this. Don't underestimate the power of simply letting her know how much you care. Keep ties strong with her, and lines of communication open. Emails, Skype, letters — however you can stay emotionally connected, do it.

Let her know how much you believe in her, and how she's got more than her parents to provide her with unconditional love. Depending on her challenges, there might be books that you can urge your parents to read to understand her better. You also might contact her school counselor to let him or her know of the situation, so that there's someone closer to the home front who can help stay on top of things.

By Dr. Andrea Bonior

@ Send your questions to Dr. Andrea Bonior at baggage@readexpress.com. Andrea is a local clinical psychologist and author of the book "The Friendship Fix" (Friendshipfix.com).

Event Horizon

Roll Call

The D.C. debut of the Rock 'n' Roll Marathon Series takes over town this weekend. Even if you didn't get a bib for the race, you're cordially invited to the expo at the D.C. Armory (2001 East Capitol St. SE) to snag free samples, discounted athletic gear and official merchandise from race sponsor Brooks. It's Thursday (noon-7 p.m.) and Friday (10 a.m.-8 p.m.). Then cheer on participants during Saturday's race, which starts at 8 a.m. at 19th and C streets NE.

Discover Rooms to Grow

Epic Yoga brings a trio of studio spaces and a new perspective on movement to Dupont

With 5,000 square feet of space, three yoga studios, two lounges, and plans for a food and retail operation, Epic Yoga is living up to its name.

What it is: The Dupont Circle center is a hot yoga studio, a yoga studio with a ballet barre and a traditional yoga studio all under one roof. Even if you're not taking a class, there are plenty of other reasons to hang out, says director Emma Saal. The "recovery room," where students are invited to linger, will soon be stocked with cucumber water and chilled towels. The bar area by the reception desk is already a comfortable place to grab tea and flip through yoga books. Eventually, juices and snacks, and works by local artists will be sold there. The intention, Saal says, is to be able to welcome visitors throughout the day, starting with Sunrise Yoga at 6:30 a.m.

TEDDY WOLFF

Emma Saal leads Red Sun Yoga, a practice that welcomes additional movement.

Moves: For now, most of the offerings are fairly general, and Saal plans to let the schedule evolve according to student demand and teacher availability. The exceptions are Saal's two signature classes, "Red Sun Yoga" and "Barre Yoga."

Saal — who's half-Japanese — was inspired by the symbol on Japan's flag when naming her fusion of Budokon (a martial arts/yoga blend) and Prana Flow (the expressive, breath-focused style developed by Shiva Rea). Rather than having students hold each posture rigidly, Saal encourages students to use each pose as a chance to explore their bodies. So cat-cow becomes more of a multidirectional undulation, and you slither up gradually into cobra. For 24-year-old Kelsey Tallon, who has yet to be disappointed sampling Epic's schedule, it's a welcome change. "It's not holding Warrior Two for 25 breaths. But it's not so loosey-goosey that you don't know what you're doing," she says.

Saal's also been tapping into her ballet background to develop "Barre Yoga." It has more of a cardio component than most of Epic's other classes and is a sneaky way for Saal to improve students' form. "You can say, 'Grab onto the wall for stability when we do this.' But they feel self-conscious and won't do it," she says. "With the barre, you can make them."

Details

First-time students can get a one-week pass for $20 or a one-month pass for $50. Epic is at 1323 Connecticut Ave. NW. To get more info, call 202-833-5914 or visit Epicyogadc.com.

Work It Out

Workout: "These classes are about getting into your mind, body and spirit. They're not just an athletic practice," Tallon says. But barre yoga, in particular, she adds, "kicks your butt in a major way." Ken Mendelsohn, 47, who'd never practiced yoga until discovering Epic, has found the classes challenging but welcoming to a beginner. "It's very hard, but I didn't think you could feel this wonderful after exercise," he says. It helps that classes end with a mini massage with lavender or eucalyptus oil.

Crowd: Many of the students so far have been folks who work in the neighborhood. That's why Epic's offering one-hour classes every weekday at noon, and promoting the fact that not only can you get yourself cleaned up after class (there are three showers for men and five for women), but you can also get your laundry done. The goal is to make getting to yoga epically easier.

VICKY HALLETT (EXPRESS)

HEADS-UP

Not Just a Bump

When kids get concussions, mental and cognitive difficulties (such as fatigue, inattention and memory problems) can last for up to a year, according to a new study published in the online edition of Archives of Pediatrics & Adolescent Medicine. Symptoms were worse in children who lost consciousness or had abnormalities seen on brain scans after the injury. Sports that are high risk for concussions include football and soccer. EXPRESS

You'll Be Right Back — Into Shape

Schedule stepping during commercials to burn more calories

HBO and PBS may produce high-quality programming, but if you want to choose your television channels based on which ones will help you lose weight, use your remote to find a show with commercials.

According to a study in the February issue of Medicine & Science in Sports & Exercise, just stepping in place during the advertising breaks while you watch an hour of television can dramatically increase the number of calories you burn.

An hour of sedentary television viewing helped subjects burn an average of only 81 calories. But when they stepped up and down during commercials, the subjects burned an average of 148 calories.

81

The number of calories the average sedentary person burns while watching TV for one hour.

Of course, you'll burn even more calories if you step throughout hour-long programs, or get onto a treadmill and keep up a 3 mph pace (304 calories). (EXPRESS)

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fit joint health

Not a Painful Decision at All

Osteoarthritis was cramping a local woman's style, so she opted for a new knee

The knee pain started when Jane Linnell was in her 20s. She tried to deny she had a problem with osteoarthritis for years. "You learn to adapt to the lifestyle. It becomes your norm," she says. "I didn't think of it as being bad, because I'd seen my grandparents hobble around."

Despite the discomfort, the now-53-year-old Capitol Hill resident managed to pursue a physically demanding life, teaching disabled elementary school students, taking dance classes and riding her bike. As time went on, however, she had to cut back on her activities, including her favorite one: "I couldn't go to the park with my grandkids."

That was when she started listening to her doctor, who'd recommended a knee replacement. She'd done physical therapy and undergone arthroscopy (what's often called "getting scoped"), but it wasn't making her better. At just 47, Linnell was worried she should wait another decade before opting for surgery. Her doctor convinced her, however, that those years would only get worse. "'Right now, your quality of life isn't good.' That's all he had to say," Linnell remembers.

COURTESY JANE LINNELL

Jane Linnell has always loved biking, but it was one of the activities she had to stop doing before she decided to get a knee replacement. Now, she's riding again.

"Now I don't have to make choices between activities. I can do it all."

He also told her he recommended a rotating-platform knee, designed specifically for more active patients than the traditional knee replacement. Linnell researched what he was talking about, a step she thinks many patients neglect. "This is something they're going to put into your body," says Linnell, who felt more prepared for surgery after doing her homework.

She was determined to bounce back from the operation as quickly as possible. So the day after surgery, Linnell started setting goals. Every hour, she was walking laps in the hospital hallways. A day later, she was going home. "I already had a plan. I knew I had a certain number of steps to get up to the house and to get to my bedroom," she says.

In less than a month, she was out on the dance floor. The next time she saw her grandchildren, they told her to slow down because she was walking too fast. "I'd never heard that in my life. I said, 'I'm going to keep going. You catch up,'" she says. When they ask about the scars on her knee, Linnell tells them, "Those X's and O's are hugs and kisses from my doctor who made my knee better."

Her knee now allows her to exercise every night of the week. She takes Jazzercise, teaches line dancing and spends hours in her husband's arms, training with their ballroom dance team. The best change since the surgery: "I can get up in the morning and not be in pain," Linnell says. "Before, I was exhausted at 9 o'clock in the morning. Now I don't have to make choices between activities. I can do it all." And she does.

VICKY HALLETT (EXPRESS)

Joints Shouldn't Be Jumping

Protect your cartilage to avoid a succession of medical treatments

All you need to fix joint problems is an injection that can regenerate cartilage. The problem is science hasn't quite figured how to do that yet, explains orthopedic surgeon Anthony Unger, director of the Sibley Institute of Bone and Joint Health and a professor at George Washington University Medical Center. "I don't think we'll see that in my lifetime," he says. So keep things moving smoothly with his alternative suggestions.

Prevent Pounding

Because cartilage doesn't repair itself, Unger urges you to "hold on to what you've got." You'll do better at that if you watch the scale — extra pounds force joints to bear a heavier load. This can become confusing for patients, who want to exercise to keep weight off but worry that what they're doing is exacerbating their problems. Running is bad news, says Unger, who recommends low-impact aerobic training instead. "Switch over to swimming or riding a bike. And hockey isn't a bad sport, because you're gliding," he adds.

Unger

What a Relief

When people are in too much pain to exercise, it's time to take action. The first step, Unger says, is to pop a pain reliever, such as Tylenol. If that doesn't work, go for an anti-inflammatory drug, such as Aleve or Advil. After that, you're looking at prescription meds. They can make you feel better, but be prepared for side effects. At that point, some folks clamor for cortisone shots, but Unger cautions against them as a permanent solution. "It treats the symptoms but can degrade cartilage," he says. What might be worth a shot, though, is viscosupplementation. That's a mixture of molecules naturally found in joint fluid injected into the affected area.

Special Ops

Surgeons can make tiny punctures in the bone to encourage new cartilage to grow, or transfer cartilage from a less-critical area (Unger describes this as "like getting a hair transplant"). They can also take cells from a patient, grow them in a laboratory and then inject them back into the patient. But mostly what Unger ends up doing are prosthetics. "[Patients] think it's a complicated device, like you'll be Terminator. But it's just a new surface you get," he says.

Dream On

When patients ask about glucosamine and other dietary supplements, he says, "It won't hurt you" — but what could are companies that advertise stem cell treatments. His advice: Save your money. V.H.

lookout

Natural Disaster
Bethenny Frankel auditions for the next Michael Bay film **33**

Sound Bets

ISTOCKPHOTO

Total Recall

Being smacked in the nose with a strong, random scent is usually ... unpleasant. But it feels like aromatherapy at Brookside Gardens in Wheaton, Md. As you walk the public park's paths, unidentified flower fragrances sneak under your sniffer and tickle your recall, instantly evoking long-lost moments.

By Christopher Porter

But if the olfactory sense is our strongest connection to emotional memory, hearing's a close second. Long-submerged events race to the surface the second a song comes on.

Duran Duran's "The Reflex" sends me back to mid-'80s days aping frontman Simon Le Bon's moves in front of the sliding-glass door while wearing my mom's royal-blue suit jacket. 7 Seconds' "Walk Together, Rock Together" mini-LP was the exact length of the drive to my high-school girlfriend's house, and hearing it now makes me ponder every country-road turn. Prince's "Purple Rain" rockets me back to a college slow dance that was both awkward and awesome. And Primal Scream's "Come Together" transports me back to the broken-legged Cabbage Patch dance moves I performed during my wedding reception.

Flowers are powerful, but my memories are with music.

@ Read Christopher's previous columns at: **expressnightout.com/soundbets**

WILD COMBINATION

Sample Idea
Anne Marsen shows off her moves in a scene from the dance-music film "Girl Walk // All Day," which is screening at the South by Southwest film festival. Much of the film's funding came from the crowd-financing website Kickstarter.com, which is readily challenging the traditional way films are produced. (AP)

People Power

Crowd-financing plays a starring role at the SXSW Film Festival, thanks to Kickstarter

19,000 Kickstarter, the leader among crowd funding companies, has funded more than 19,000 projects in its three years. Projects, which include film, music and art ventures, are only funded if they reach their target amount. Kickstarter doesn't have any piece of ownership in the finished product, but it takes 5 percent from successful funding. Amazon Payments, which facilitates the financial transactions, also takes about 3 to 5 percent.) (AP)

Online

The film "Girl Walk // All Day" opens on a blond girl joyfully dancing past unimpressed New Yorkers on the Staten Island Ferry.

Moving to the remixed beats of Girl Talk, she and other dancers breeze through New York's urban spaces — Central Park, the financial district, Yankee Stadium — turning the city into a playground.

Just as "Girl Walk // All Day" transforms familiar landscapes, the source of much of its funding — the crowd-financing website Kickstarter.com — has electrified the traditional structures of filmmaking. "Girl Walk // All Day," a dance-music film not easily categorized, was enabled by Kickstarter. After creating an eight-minute video, the movie's director, Jacob Krupnick, put in a request to Kickstarter's community for various levels of investment from interested fans.

With options like $50 for an associate producer credit and $500 for a dance lesson, he hoped to raise $5,000.

He got nearly five times that.

"Kickstarter came at a really opportune moment in my life when I needed it," says Krupnick, a filmmaker and photographer.

> **"It's giving audiences the power instead of executives."**
>
> — **YANCEY STRICKLER,** KICKSTARTER'S CO-FOUNDER, ON HOW THE COMPANY HAS GONE FROM NOVELTY TO VALUABLE TOOL.

The movie is one of 33 Kickstarter-aided films at the South by Southwest Film Festival in Austin, Texas. That's a full 10 percent of the festival's entire slate, an eye-opening total that shows what a significant role the nearly three-year-old Kickstarter is playing in financing indie films. Even SXSW Film head Janet Pierson was surprised when she heard the number.

"I'm fascinated that this is a viable tool, or seems to be," says Pierson, who produced indie films in the '80s and '90s. "How great that this vehicle exists that's working for all these filmmakers. I didn't know that it would be so viable."

Certainly, the budgets for even small films often get into hundreds of thousands or millions of dollars. Typically, Kickstarter funds makes up a portion of a film's budget. And most of the Kickstarter films still struggle to find theatrical distribution and promotion. But it's undoubtedly emerged as a realistic option to help get a film made.

"It's gone from being possibly a novelty, a different way of doing things, to becoming much more of a tool, much more of a standard thing that people think about," says Kickstarter co-founder Yancey Strickler. "It's giving audiences the power instead of executives."

JAKE COYLE (AP)

King's New Throne: A new online programming venture bankrolled by the world's richest man will launch with the return of television personality Larry King. The ex-CNN host, 78, will start up a daily talk show later this year for Ora.TV. The new service, backed by Mexican communications billionaire Carlos Slim, will provide programming for tablets, cell phones, computers and Internet-connected TVs. No date has been set for Ora.TV's debut. (AP)

lookout entertainment

top stops

SCOTT SUCHMAN

1 A Game of (Silly) Thrones

"Monty Python and the Holy Grail" is one of the weirdest cult hits to ever gain mainstream traction – and it gained so much that it got the bombastic Broadway treatment in "Spamalot." Monty Python's zaniest, most subversive edges have been buffed off in favor of slapstick laughs. ***Warner Theatre, 513 13th St. NW; through Sun., $40-$85; 202-783-4000, Warnertheatre.com. (Metro Center)***

2 Pony Up

In Nova Scotia, hundreds of wild horses inhabit a tiny dot of land called Sable Island. Photographer Robert Dutesco has been photographing them since 1994 and displays his work in D.C. this month. We have regional loyalties to Virginia's wild-pony population, but the Canadian Embassy's photo exhibits are consistently excellent. ***Canadian Embassy, 501 Pennsylvania Ave. NW; through March 24, free; 202-682-7732, Canadainternational.gc.ca. (Archives)***

3 Kahlo-doscopic Portrait

Frida Kahlo is famous for her paintings, through which she expressed her own life story. Artisphere's exhibit is biographical too, but it focuses on photographs taken of Kahlo and her friends and family throughout her life. The images are reproductions, since Kahlo's husband Diego Rivera decreed in his will that the originals should never leave Mexico. ***Artisphere, 1101 Wilson Blvd., Arlington; through March 25, free; 703-875-1100, Artisphere.com. (Rosslyn)***

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TV tonight lookout

Reality Goes Retail

NBC's fashion series could create a new genre: must-buy TV

Reality

NBC 9:30

In its own small, glitzy way, "Fashion Star" is trying to reinvent television. It's hard, though, to resist history's gravitational pull when you carry the ballast of so much reality programming — namely, Jessica Simpson and Nicole Richie.

How can "Fashion Star" claim to be pioneering anything when it is essentially the 99th remake of "Project Runway"? "Star" also borrows just as furiously from "The Voice" and "America's Got Talent" as it does from Heidi Klum's show.

As on "Runway," this show pits 14 designers against one another as they try to please three judges: Simpson, Richie and John Varvatos. But what sets this show apart is the presence of three department-store buyers who evaluate every new mini "collection." The buyers can either bid a dollar amount or hit the button that indicates "No Bid" and results in a rude noise. It's not unlike the big X on "America's Got Talent." And as on "Shark Tank," the buyers can bid against one another for the designer's wares.

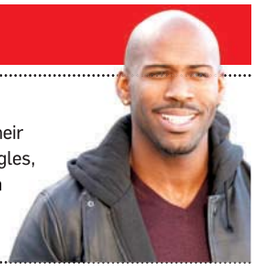
Hosted by former model Elle Macpherson, the show's major hook is that any outfit given a bid will be available the very next day either in that department store or in its online shop. It's a little like an "American Idol" performance being available on iTunes at the end of each show. But to date, you can't download a miniskirt, so this is a new wrinkle in the blending of TV merchandising and entertainment — not to mention rapid-fire garment-industry manufacturing.

KEVIN MCDONOUGH (UNIVERSAL UCLICK)

JOHN RUSSO/NBC

From left, "Fashion Star" judges Jessica Simpson, John Varvatos and Nicole Richie.

Best Bets



NBC 8:00

The Biggest Loser The remaining contestants return to their original team colors to compete as singles, starting with a tug of war on ice. Alison Sweeney hosts, and Bob Harper and Dolvett Quince, right, are the trainers.

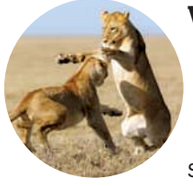
CW 9:00

Ringer Worried when she can't reach Malcolm, Bridget visits his hotel and discovers, via security footage, that Andrew was the last person to see him before he vanished. Siobhan confesses to Henry why, exactly, she faked her death.

HIST 10:00

Top Shot You've heard of Talk Like a Pirate Day? In this episode it's Shoot Like a Pirate Day. The players must think like 18th-century pirates as they engage in a high-energy battle using Kentucky flintlock pistols.

APL 10:00



Wild Serengeti Every year, more than 2 million animals set out on an epic 2,000-mile journey in search of food and water, facing predators and extreme weather along the way. This special documents the deadly journey that illustrates the cycle of life on the Serengeti. (TRIBUNE MEDIA)

Reunions

Scrubbing Up

Fans of "Scrubs" will enjoy this week's "Cougar Town" (8:30 p.m., ABC), which reunites several alumni of creator Bill Lawrence's medical sitcom. Chief among them is Sarah Chalke, above, as Angie, Bobby's new love interest. When he has trouble romancing her, Jules and the gang spring to the rescue. Former "Scrubs" cast members Sam Lloyd, Ken Jenkins, Robert Clendenin and Robert Maschio also guest star. (TM)

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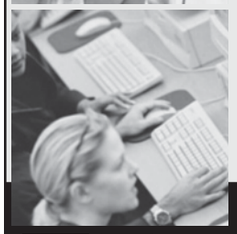

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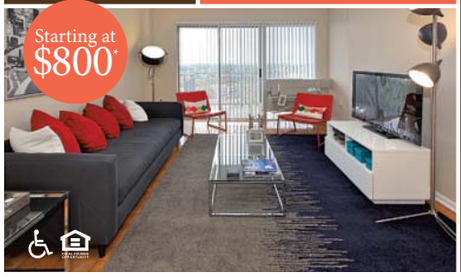

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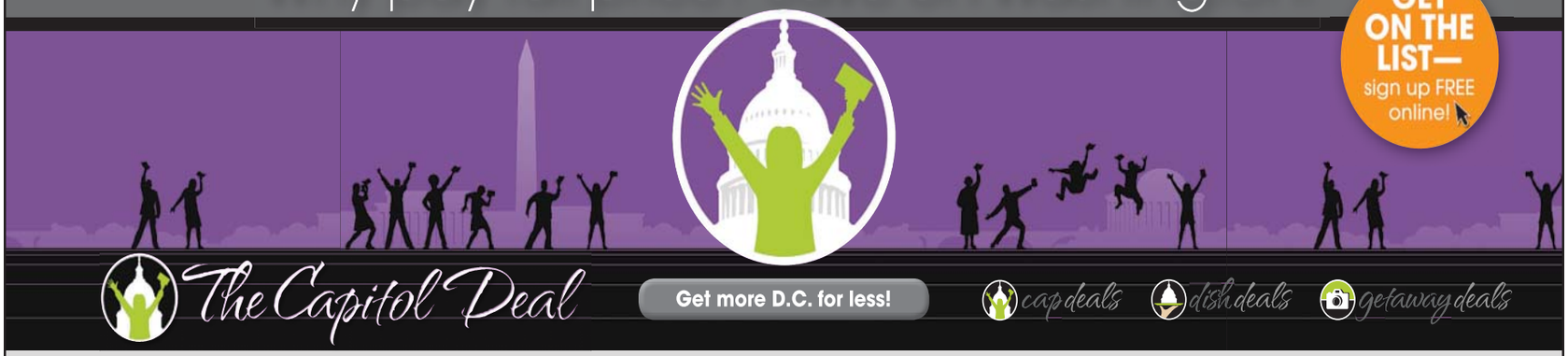

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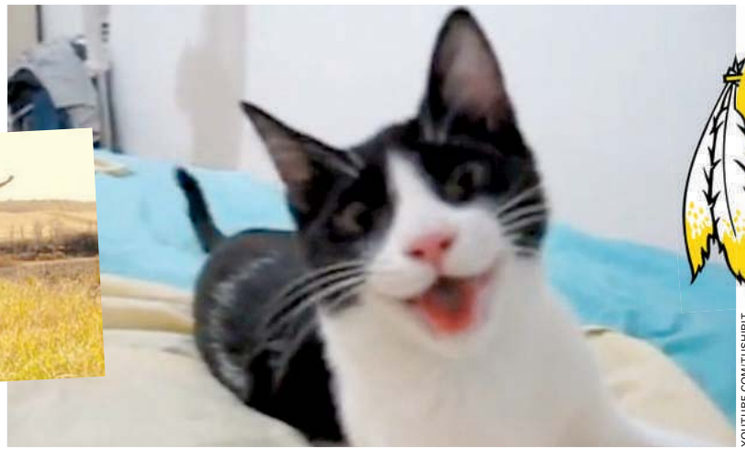

YOUTUBE.COM/TUSHIRIT

"Take one of my all-time favorite books, add a bunch of indie fave actors, 'Motorcycle Diaries' director Walter Salles, Francis Ford Coppola, fab soundtrack and and and and and and ... Ohhhhhh yessssssssssssss!"

—KATE BARTOLOTTA AT ELEPHANTJOURNAL.COM was impressed by the trailer for "On the Road," a cinematic adaptation of the Jack Kerouac classic of the same title, published in 1957.

"First there was the barking cat. Then, there was nine months of silence. But fear not, pet-lovers. There's a new canine wannabe in town, and her name is Tifa. Not only does Tifa pant like a dog, but she fetches like one too, so the game has been upped. ... It's your move, cats of the world."

—CHRISTINE FRIAR AT HUFFINGTONPOST.COM is excited about the latest cat to hit the Internet in a funny viral video.

"You pay these homeless, human hotspots whatever you like, and then I guess you sit next to them and check your email and whatnot. The digital divide has never hit us over the head with a more blunt display of un-self-conscious gall."

—JON MITCHELL AT READWRITEWEB.COM thinks a new marketing effort by the group Bartle Bogle Hegarty at the South by Southwest Film Festival is in poor taste. The group handed out 4G hotspots to homeless people along with T-shirts reading "I Am a Hotspot."

"You know that guy in your fantasy football league that really 'doesn't get it'? We all know him. You send him crazy trades just hoping that he might one day accept one. What if that guy owned an NFL team?"

—REDNECK GENIUS AT FAMOUSDC.COM doesn't think the Redskins made the right move by trading their first-round NFL draft choices in 2012, 2013 and 2014, and this year's second-round pick for the No. 2 slot in the upcoming draft, presumably to pick Heisman Trophy winner Robert Griffin III from Baylor.

"Who the hell cares if Romney learns to say y'all and eat grits? That isn't going to make him a Southerner! He'll probably never do that again in his life after he goes back home. ... I don't care if he is a Christian, Protestant or Muslim either. I care about what he plans to do WITH CONGRESS to straighten out this mess we are in."

—FREDERIC PAUL, A COMMENTER AT USATODAY.COM, is not concerned about the eating habits of the GOP presidential candidate, after he mentioned that he loves grits to a campaign crowd in Mississippi last week.

Women: Is Your Drinking Causing Problems?

Do You Drink Alcohol to Help Ease Your Anxiety?

If you are a woman ages 21 to 65 who has tried to stop drinking, or decrease the amount of drinking, but can't, you may be eligible for a research study testing the effectiveness of a new drug for women with alcohol and anxiety problems. This is a five-week inpatient research study at the Clinical Center in Bethesda, Maryland.
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Study #: 10-AA-0046

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puzzles lookout

Horoscope

PISCES (Feb. 19-March 20) You'll be choosing between two alternatives throughout much of the day; the process will actually carry more import than the final choice.

ARIES (March 21-April 19) You're ready to take on an endeavor that no one else will attempt. What you have going is a stronger-than-usual sense of self.

TAURUS (April 20-May 20) The difference between helpful and unhelpful is likely to be demonstrated in no uncertain terms today by someone you trust implicitly.

GEMINI (May 21-June 20) You may insist that it is a mistake, but someone else is certain that an act of mischief carries signs that point to your involvement.

CANCER (June 21-July 22) Don't make the mistake of guessing when it is easy enough to collect the evidence needed to support a definitive conclusion.

LEO (July 23-Aug. 22) The way things work in an official capacity may not please you, but you'll have to learn to work within the system — up to a point.

VIRGO (Aug. 23-Sept. 22) Be considerate of others today, and know that even the little things you do will be remembered for quite some time.

LIBRA (Sept. 23-Oct. 22) You are likely to take on someone else's stress, but you are better equipped to vent it properly and get to the heart of the matter.

SCORPIO (Oct. 23-Nov. 21) You can minimize the danger inherent in a certain situation by doing things according to the rules, with no variation whatsoever.

SAGITTARIUS (Nov. 22-Dec. 21) You may not be thinking about the long-term effects of your actions, but today you'll sow the seeds of something big.

CAPRICORN (Dec. 22-Jan. 19) You are eager to get someone else's attention, but it may be more difficult to secure than you had originally anticipated.

AQUARIUS (Jan. 20-Feb. 18) Follow your instincts and you'll make the contact you need to further your personal agenda. An important bond can be established.

PostPoints DAILY CODE B I

Scrabble Grams

PAR SCORE 145-155, BEST SCORE 205

							RACK 1	
A1	E1	L1	B3	R1	L1	B3		
							RACK 2	
A1	O1	P3	R1	L1	N1	D2		
							RACK 3	2nd Letter Triple
A1	A1	U1	T1	L1	P3	S1		
							RACK 4	Double Word Score
A1	A1	I1	O1	N1	V4	R1		

Yesterday's Solution

A1	N1	A1	T1	O1	M3	Y4	RACK 1 =	63
U1	P3	L1	O1	A1	D2		RACK 2 =	9
M3	A1	N1	A1	K5	I1	N1	RACK 3 =	63
B3	R1	E1	A1	K5	U1	P3	RACK 4 =	95
PAR SCORE 145-155							TOTAL	230

FOUR RACK TOTAL _____

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

	4			7	3			2
	9			2	6	7		
6	2				5	3	4	
				1		9		3
7		9	5		2	4		6
2		6		9				
	7	2	3				9	8
		3	2	6			1	
9			7	5			3	

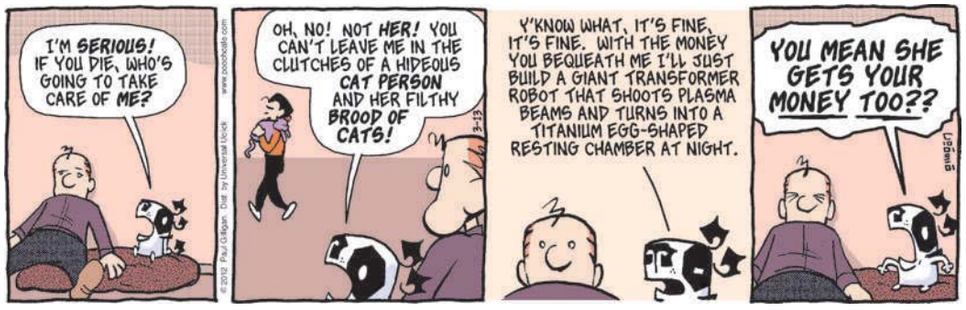
Yesterday's Solution

5	3	4	7	8	2	6	1	9
7	1	9	6	4	3	8	2	5
6	2	8	1	9	5	4	3	7
9	5	2	4	3	1	7	8	6
4	7	6	2	5	8	1	9	3
3	8	1	9	6	7	5	4	2
2	6	5	3	1	4	9	7	8
1	9	3	8	7	6	2	5	4
8	4	7	5	2	9	3	6	1

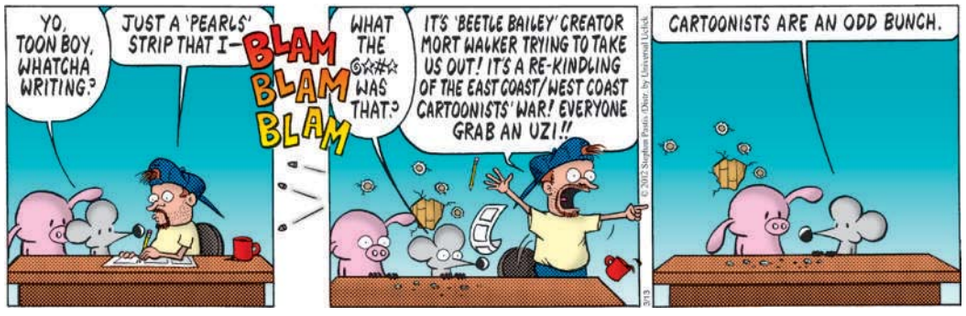
Need more Su|do|ku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

Comics

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast

77 | 54

Today: Very warm today with a thundershower in spots. Mainly clear tonight.

71 | 51

Tomorrow: Mostly sunny and warm tomorrow. Mainly clear tomorrow night.

Looking Ahead

THU	FRI	SAT
73 | 51	70 | 53	71 | 51

Sun and Moon
Sunrise today: 7:22 a.m.
Sunset today: 7:13 p.m.
Moonrise today: 12:41 a.m.
Moonset today: 10:38 a.m.

Almanac
Normal high: 54
Record high: 89
Normal low: 36
Record low: 11

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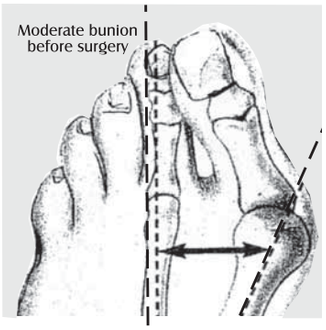

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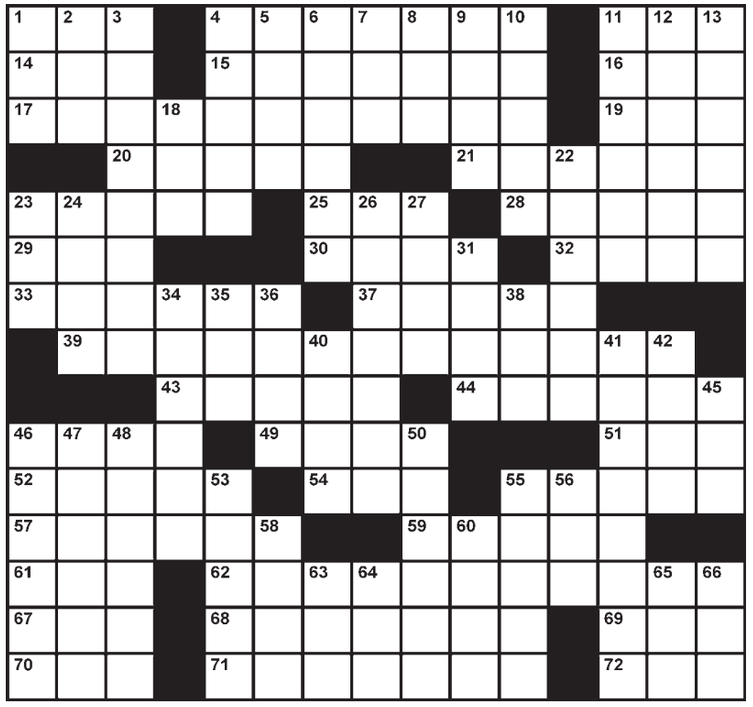
lookout puzzles

Crossword

POLITICALLY CORRECT



EDITED BY TIMOTHY E. PARKER

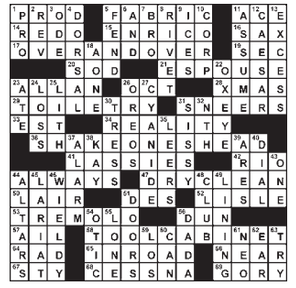
ACROSS

1 Heidi's mountain
4 Have a go at
11 Bio class setting
14 Boardwalk view
15 Quick dance of old France
16 Donned the feedbag
17 Some linen
19 Considerable degree
20 Acquires
21 Shooting locale
23 "He ___ got a clue"
25 "Ah, I see!"
28 Doberman's warning
29 Ending for "alarm" or "bass"
30 ___ and void
32 Brought to court
33 Ceremonial procession
37 Stocking shade
39 Corporate owner
43 "How do?" in Honolulu
44 Yet to hit the shelves
46 Box office disaster
49 Absorbs (with "up")
51 A Bobbsey twin
52 Like the Leaning Tower of Pisa
54 It's in the center of Jerusalem?
55 Depleted of energy
57 Like a direct descendant
59 Computer addicts?
61 "Iron Horse" Gehrig
62 Where one might spot a king
67 It's not an exact fig.
68 Obvious
69 Pigeon's sound
70 "Time out!" hand signal
71 Kicks out of the country
72 Chop down, as a tree

DOWN

1 African slitherer
2 Blooming necklace?
3 Old Greek gymnasium
4 Call off the launch
5 It's larger than a village
6 University of Arizona location
7 Period of history
8 "___ Doubtfire" (Robin Williams comedy)
9 Shopping center?
10 Aptitude determiners
11 "Ed Wood" Oscar winner Martin
12 Dress code concern
13 Lo's partner
18 Computer network acronym
22 Defeat, as the incumbent
23 Kind of pocket or roof
24 "... and make it fast!"
26 They conceal lug nuts
27 Alternative bread spread
31 Outline in great detail
34 Agriculturally viable
35 Costa-Sol connector
36 Eve's grandchild
38 Fed. pamphlet producer
40 "O Brother, Where Art ___?" (2000 film)
41 Model of excellence
42 Chinese monetary unit
45 You might get a bang out of this
46 Baryshnikov's medium
47 Serving no purpose
48 Itsy-bitsy
50 Cup's companion
53 Recorded for later viewing
55 Offshoot groups
56 In favor of
58 Give a good scrubbing
60 Already in the mail
63 Balm application site
64 "And now, without further ___"
65 Landmark Supreme Court name
66 Wrecker's service

Yesterday's Solution



Today in History

1781 The seventh planet of the solar system, Uranus, is discovered by Sir William Herschel.

1862 President Abraham Lincoln signs a measure prohibiting Union military officers from returning fugitive slaves to their owners.

1925 The Tennessee General Assembly approves a bill prohibiting the teaching of the theory of evolution.

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people lookout

WHAT SHE WROTE BEFORE HER HANDLER INTERVENED

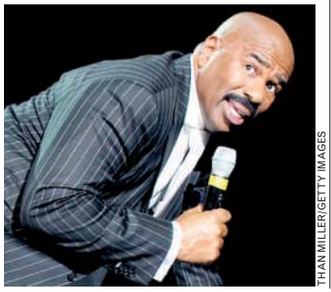
'Your Chin Has More Butt Cleavage Than My Butt'

Kim Kardashian responded via Twitter to Jon Hamm's comments about reality stars being stupid: "Calling someone who runs their own businesses, is a part of a successful TV show, produces, writes, designs, and creates, 'stupid,' is in my opinion careless. ... We're all working hard and we all have to respect one another." (EXPRESS)

HARSH TRUTHS

Sorry, Chicago, This Isn't Your New 'Oprah'

Steve Harvey is going to star in his own daily television show, and it's going to be taped in Chicago. In a news release, Gov. Pat Quinn says the comedian, actor, author and radio host will host a one-hour program called "Steve Harvey" at the NBC 5 studios in Chicago. Quinn says the program will create about 100 jobs and could bring about 35,000 audience members and visitors to the city each year. (AP)



THAN MILLER/GETTY IMAGES

Dirtbag Digest

Tastes Fruity, With Notes of Another Woman's Perfume

Cheaterville.com hopes to launch "Dummy Gummies" this summer, according to Radaronline.com. The candies would feature the visages of Tiger Woods, Jesse James and others. Cheaterville founder James McGibney says any cheater depicted on the candies will receive a lifetime supply. (EXPRESS)

FREDERICK M. BROWN/GETTY IMAGES; PHOTO ILLUSTRATION VIA BAYIFIER.COM

EXPLOSIONS

When Worlds Collide

Bethenny Frankel auditioned for a role in the Michael Bay movie "Pain and Gain," Usmagazine.com reported. "Bethenny secretly read for a role in Miami, and she did a good job," an unnamed source said. Another source said a casting agent approached Frankel at a zoo, not knowing who she was. "When she went in, the casting directors were freaking out." (EXPRESS)

MELTDOWNS

'My Favorite Shape Is a Trapezoid, Not a Rhombus. You Don't Know Me at All!'

Olivier Martinez took a "500-year-old mystical alchemy test" as part of the design process for Halle Berry's engagement ring, wrote Usmagazine.com. The jeweler asked Martinez to answer questions about Berry's favorite shapes, colors, numbers and signs. "Olivier was absolutely delighted with the results," a pal said. (EXPRESS)

"I just feel like [Hillary Clinton] would be good at comedy. You can feel it from a mile away."

—JASON SEGEL TOLD USMAGAZINE.COM AT THE PREMIERE OF "JEFF, WHO LIVES AT HOME" THIS PAST WEEK THAT HE'D LOVE TO CO-STAR WITH THE SECRETARY OF STATE.

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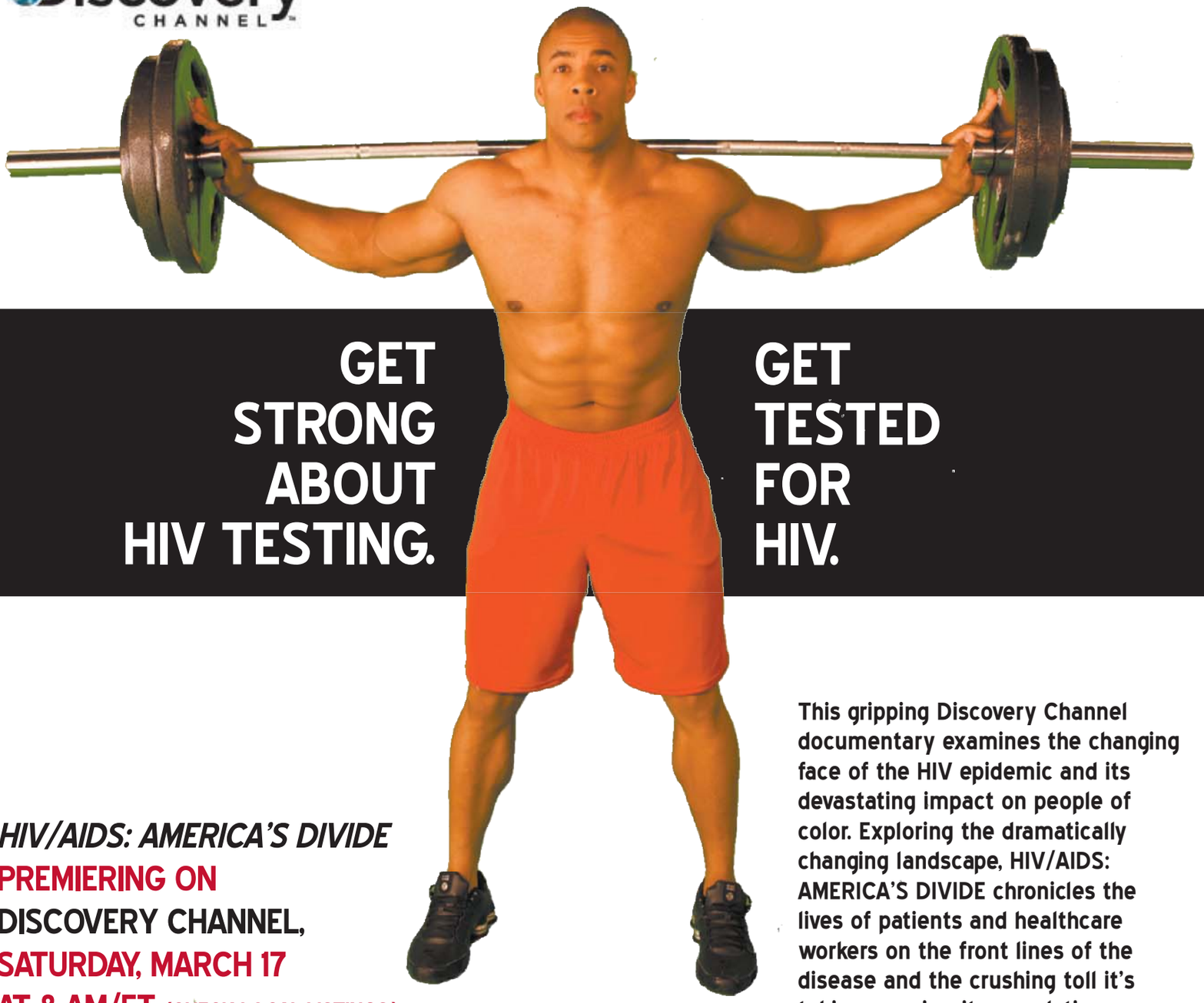

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